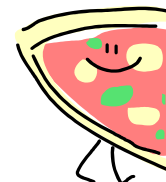


Individual Pizzas



Week 4
Tuesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Pork sausage, raw, uncooked OR cooked, chopped Chicken	21 oz. 10 oz.	3 lb 5 oz. 25 oz.	1. Brown meat until done. Drain fat. 2. On a cookie sheet, press biscuits into round flat individual pizza shapes with sides slightly raised. 3. Place 1 Tbsp sauce on each biscuit. 4. Add 2 Tbsp ground beef. 5. Sprinkle cheese on top of each pizza. 6. Bake in 400 degrees F oven for 10 minutes or until cheese melts.
Refrigerated biscuits	10 biscuits (1 tube)	25 biscuits (2.5 tubes)	
Pizza sauce, canned Or Spaghetti sauce	$\frac{3}{4}$ cup	1 $\frac{3}{4}$ c. + 2 Tbsp	
Shredded mozzarella Cheese, part skim	6 oz	15 oz	

Portion size for 3-5 year old: 1 individual pizza

Each serving provides: 1 $\frac{1}{2}$ oz meat/meat alternate, $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Red meat contains more iron than white meats, but may be higher in fat. Drain the pork sausage well after browning. Use chicken as a variation in this recipe.

Physical Activity: Pretend everyone is in a pirate ship, rowing the oars. Then jump off the gangplank and swim to shore.

Recipe Source: Nutrition Education of Nebraska

Junior Trail Mix



Week 3
Friday
Snack

Snack

Ingredients	10 Servings	20 Servings	Directions
Plain Cheerios	2 cups	4 cups	Mix all ingredients together in an airtight container.
Kix cereal	2 cups	1 qt	
Chopped raisins, seedless	1 cup, packed	2 cups, packed	
Peanut butter morsels	½ cup	1 cup	
Portion size for 3-5 year old: ½ cup Each serving provides: ½ slice bread alternate			

Nutrition Tip: Raisins are an easy way to meet your 5-A-Day needs for fruits and veggies. Craisins would be a tasty addition too.

Physical Activity: Hide 5-10 slips of paper throughout a room area and maintain their interest by promising a favorite shared physical activity when all collected. Write parts of the name of activity on each piece of paper so the can spell out when finished.

Recipe Source: Young Parents Education Center, Great Falls

Lime Marinated Chicken Breast



Week 3
Thursday
Lunch

Ingredients	12 Servings	24 Servings	Directions
Chicken breast, boneless, skinless	1 lb + 9 oz raw weight	3 lb + 2 oz raw weight	Trim the fat off of the chicken breasts and place in a ziplock bag. Add lime juice, oil and dash cayenne pepper. Marinate at least 3 hours. Discard marinade. Cut each breast in four crosswise slices. Place on oiled cookie sheet with sides. Bake at 400 for about 1 hour or until juices are clear.
Lime juice, canned or bottled, unsweetened	4 oz	8 oz	
Vegetable oil	2 Tbsp	¼ cup	
Dash cayenne pepper			
Portion size for 3-5 year old: 1 ½ oz chicken Each serving provides: 1 ½ oz meat			

Nutrition Tip: Chicken provides iron, which helps transport oxygen all over our bodies, giving our body energy to move.
 Physical Activity: Arrange children around you with enough room for them to move about. Sing together "*Head, Shoulders, Knees and Toes*" and have the children touch each body part as they say the words. Sing faster, sing slower.

Recipe Source: Connie Nelson, MT Child Care Provider

Lowfat and Yummy Dressing



Week 2
Friday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Low-fat plain yogurt Low-fat Mayonnaise Ranch Dressing dry mix Buttermilk	3 1/8 ozs ½ cup + 2 Tbsp 5 ozs 1 ½ cup + 1Tbsp	7 7/8 ozs 1 ½ cups + 1 Tbsp 12 ½ ozs 3 ¾ cups + 2 ½ Tbsp	Combine all ingredients in a mixing bowl. Using a wire whisk, mix until smooth. Pour into serving containers. Keep chilled.
Portion size for 3-5 year old: 2 oz Each serving provides: minimal amounts of yogurt and buttermilk			
Nutrition Tip: Buttermilk is a low fat dairy food. Use it in dips and for baking. A quick substitution for buttermilk is ½ Tbsp of vinegar in a cup of regular milk. Physical Activity: Play a game of kickball and be sure the kids run around the bases for exercise. Recipe Source: Corvallis Public School, Corvallis, MT			

Mac & Cheese with Ham



Week 1
Monday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Elbow macaroni, enriched	8 $\frac{3}{8}$ oz (dry wt)	1 lb+5 oz (dry wt)	<p>Cook macaroni until firm-tender, drain and rinse in cold water. Melt margarine or butter. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine/butter. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown. Heat milk in stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened. Add Worcestershire sauce, shredded cheese and parmesan cheese to the white sauce. Stir over low heat until cheese melts. Combine well drained macaroni, ham and sauce. Mix well. Place 10 lb 6oz (1gal 1qt) into each 12" x 20" x2 ½ " steam table pan; (Or a greased baking dish) Cover with a lid or foil. TO BAKE: Conventional oven: 350°F, 30 min. Convection oven: 325°F, 25 min. (Until thoroughly heated)</p> <p>Combine bread crumbs and shredded cheese in a bowl. Sprinkle over each pan. Bake an additional 5 minutes, uncovered, until lightly browned. Each steam table pan serves 25.</p>
Bread crumbs	1/3 cup +1 Tbsp	1 cup	
Low fat cheddar cheese	3 ¼ oz	8 oz	
Margarine or butter	2 $\frac{3}{8}$ oz	6 oz	
All purpose flour, enriched	2 $\frac{3}{8}$ oz	6 oz	
Salt	1 tsp	2 ½ tsp	
Dry mustard	$\frac{5}{8}$ tsp	½ Tbsp	
White pepper	$\frac{1}{8}$ tsp	½ tsp	
Paprika	$\frac{5}{8}$ tsp	½ Tbsp	
2% Milk	1 qt	2 qts + 2 cups	
Worcestershire sauce	$\frac{3}{8}$ tsp	1 tsp	
Lowfat cheddar cheese (shredded)	8 ozs	1 lb + 4 oz	
Parmesan cheese (grated)	7/8 oz	2 ozs	
Ham, chopped, fully cooked	5.5 oz	14 oz	
<p>Portion size for 3-5 year old: 1 cup</p> <p>Each serving provides: 2 bread alternate, 1 oz of cheese, ½ oz meat</p>			

Nutrition Tip: Iron (in enriched pasta, enriched flour and ham) is part of the blood which carries oxygen to all parts of our bodies. Too little iron in our blood makes us feel tired and cranky!

Physical Activity: Have the children pick their favorite toy with wheels and push it through an obstacle course. If riding toys or bicycles are available, the children can ride through the course themselves! Recipe Source: USDA

Navy Bean and Ham Soup



Week 1
Friday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Cooked dry navy beans (previously sorted and rinsed)	1 $\frac{1}{4}$ cup	3 $\frac{1}{8}$ cups	Soak sorted and rinsed beans in 4 cups of cold water overnight. Drain. Coat a large saucepan with no stick vegetable spray. Sauté carrots, celery, and onions. Add beans and chicken broth. Simmer for 1 hour. Add ham, liquid smoke and marjoram. Simmer for additional 1-1/2 hours or until beans are soft.
Chicken broth	1qt + 1 cup	3 qts+ $\frac{1}{2}$ cup	
Chopped carrots	$\frac{1}{2}$ cup+ 2Tbsp	1 $\frac{1}{2}$ cups+ 1Tbsp	
Chopped onions	$\frac{1}{2}$ cup+ 2Tbsp	1 $\frac{1}{2}$ cups+ 1Tbsp	
Chopped celery	$\frac{1}{2}$ cup+ 2Tbsp	1 $\frac{1}{2}$ cups+ 1Tbsp	
Turkey ham, finely chopped	2 $\frac{1}{2}$ oz	6 $\frac{1}{4}$ ozs	
Dried marjoram	$\frac{1}{4}$ tsp	$\frac{3}{4}$ tsp	
Liquid smoke	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	

Portion size for 3-5 year old: 1 cup

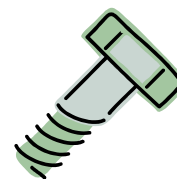
Each serving provides: 1 $\frac{1}{2}$ oz meat alternate

Nutrition Tip: Dried beans are a great source of iron, which is helpful in preventing colds.

Physical Activity: Partner Stunts - Pair each child up and have them work together to complete tasks (*Partner walk*-pairs face each other with hands on each others shoulders. They walk trying to keep their toes touching so they move as a single unit. *Wring the Dishrag* - pairs face each other holding hands, while lifting one pair of arms in the air they turn toward the lifted arms. They continue turning until they are back to back.

Recipe Source: Master Menu Volume 2, MT CACFP

Nuts and Bolts



Week 5
Monday
Snack

Ingredients	14 Servings	28 Servings	Directions
Quaker shredded wheat, bite size	1 qt	2 qt	Spread shredded wheat out in a cake pan.
Margarine, melted	1/3 cup	2/3 cup	Cover with melted margarine and sprinkle on some garlic powder.
Stick pretzels, tiny twists	1 ½ cup	3 cup	Bake at 350 degrees for 15 min.
Dry roasted peanuts	½ cup	1 cup	Add pretzel sticks, peanuts, and raisins.
Raisins, seedless, packed	½ cup	1 cup	Keep in air tight container.
Portion size for 3-5 year old: ½ cup Each serving provides: 1 slice bread alternate			

Nutrition Tip: Peanuts are a good source of protein and are a great high energy snack for children.

Physical Activity: Use a large monthly calendar and ask your children to assist you in filling each daily block with different physical play skill: skipping, prancing, kicking, collapsing, rolling, bouncing, flying, etc. Enjoy these activities throughout the month.

Recipe Source: www.inmotion-pcs.com/amass/theboss/nutsbolt.htm

Orange-Pineapple Gelatin



Week 4
Tuesday
Snack

Ingredients	10 Servings	25 Servings	Directions
Water	3/8 cup	1 cup	1. Combine water, gelatin, and sugar. Cook over medium heat, stirring frequently until sugar and gelatin dissolve, 2-3 minutes. Remove from heat. 2. Drain pineapple, reserving juice. For 25 servings, reserve 1 cup juice. For 10 servings, reserve 3/8 cup juice. 3. Stir orange juice and pineapple liquid into gelatin mixture. Chill until mixture begins to thicken, about 30 minutes. 4. Fold in pineapple and applesauce. 5. Pour the fruited gelatin into a steamtable pan for 25 servings, or a 9x13inch pan for 10 servings. 6. Refrigerate over night or until set.
Unflavored gelatin, dry mix	2 ½ Tbsp	3/8 cup	
Sugar, granulated	2 ½ Tbsp	3/8 cup	
Canned crushed pineapple, in juice, light syrup	1.5 cups	3 cups	
Frozen orange juice concentrate, unsweetened, reconstituted	1 3/8 cup	3 ½ cups	
Canned applesauce	1 ¼ cups	3 cups	
Portion size for 3-5 year old: 1/10 of recipe Each serving provides: ½ cup fruit			

Nutrition Tip: Vitamin C, found in pineapple and orange juice, aids in many functions of the body, including the absorption of iron.

Physical Activity: Play hide and seek, allowing each child a turn to be the seeker. Play this game outside if possible.

Recipe Source: USDA

Oven French Toast



Week 1
Thursday
Breakfast

Ingredients	12 Servings	24 Servings	
Slices of day old whole wheat bread, crusts removed	6 slices	12 slices	<ol style="list-style-type: none"> 1. Cut bread into 1-inch cubes; place in a 13"x9"x2" pan that has been coated with cooking spray. 2. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread. 3. In a large bowl; beat eggs. Add milk and syrup. Pour over bread mixture. Cover and immediately refrigerate for 8 hours or overnight. 4. Bake in preheated 350-degree oven for 30 minutes. Uncover and bake 25-30 minutes more or until golden brown and the center is set. 5. In saucepan, combine sugar and cornstarch; add water. Bring to a boil over medium heat; boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Serve over French Toast.
Fat free cream cheese	1- 8 oz package	2 packages (8 oz each pkg)	
Fresh or frozen blueberries	½ cup	1 cup	
Eggs	6 eggs	12 eggs	
Skim milk	1 cup	2 cups	
Maple syrup or honey	¼ cup	1/3 cup	
<u>Blueberry Sauce:</u>			
Sugar	½ cup	1 cup	
Cornstarch	1 Tbsp	2 Tbsp	
Water	½ cup	1 cup	
Fresh or frozen blueberries	½ cup	1 cup	
Portion size for 3-5 year old: Each serving provides: ½ slice bread, 1 oz meat alternate			
<p>Nutrition Tip: Whole grains, found in whole wheat bread are an excellent source of fiber to keep your digestive tract healthy.</p> <p>Physical Activity: Red Light, Green Light – When the teacher yells green light and points in a direction, the kids run/jump/skip/crawl (teachers choice) in that direction until they yell red light.</p> <p>Recipe Source: Taste of Home Recipe</p>			

Pancakes



Week 2
Friday
Breakfast

Ingredients	16 Servings	32 Servings	Directions
Milk 1% Low-fat	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	Beat eggs; add milk and oil. Combine the dry ingredients and sift into egg and milk mixture; mix well. Pour small amount of batter (about $\frac{1}{4}$ cup) on hot, greased griddle; spread evenly. When golden brown, turn and brown the other side.
Vegetable oil	2 Tbsp	4 Tbsp	
Eggs, whole, fresh	1 egg	2 eggs	
Flour, all-purpose white, enriched	1 cup	2 cups	
Baking powder, Double-Acting	2 tsp	1 Tbsp+1 tsp	
Sugar, Granulated	2 Tbsp	$\frac{1}{4}$ cup	
Salt, Table	$\frac{1}{2}$ tsp	1 tsp	

Portion size for 3-5 year old: 1 small pancake or 1/16 of recipe (recipe makes 16 pancakes)

Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: You may want to try substituting $\frac{1}{4}$ of the flour in this recipe with whole wheat flour to boost the fiber/vitamins.

Physical Activity: Walk to a neighborhood park.

Recipe Source: Laura England, Kootenai Valley Head Start Program, MT

Peach Crisp



Week 3
Tuesday
Snack

Ingredients	9 Servings	18 Servings	Directions
Peaches, raw, sliced or canned Sugar, granulated Oatmeal, dry, uncooked Sugar, brown Flour, all-purpose white, enriched, bleached Cinnamon, ground Margarine	5 cups ¼ cup ½ cup dry weight ½ cup packed ¼ cup ¼ tsp ¼ cup	2 qt + 2 cups ½ cup 1 cup dry weight 1 cup packed ½ cup ½ tsp ½ cup	Place fruit in an 8x8 baking pan. Stir in sugar, set aside. For topping, combine oatmeal, brown sugar, flour and cinnamon in a mixing bowl. Cut in margarine until mixture resembles coarse crumbs. Sprinkle topping over filling. Bake at 375 degrees for 30-35 minutes or until fruit is tender and topping is golden. Cut each pan into 9 pieces.
Portion size for 3-5 year old: 1/9 of recipe Each serving provides: ½ cup fruit			

Nutrition Tip: This recipe is a good "general" crisp recipe. You can substitute apples, pears or apricots.

Physical Activity: Dance the Hokey Pokey. It's fun and it's a good review of body parts.

Recipe Source: What's Cooking II

Perfect Cornbread



Week 1
Friday
Lunch

Ingredients	16 Servings	32 Servings	Directions
Enriched all-purpose flour	½ cup	1 cup	1. Measure all ingredients into mixing bowl in the order given above. 2. Beat with wooden spoon or wire whip until smooth, about 1 minute. Do not overbeat. 3. Pour batter into greased 9"x9"pan. 4. Bake at 425-degrees F for 20 minutes.
Yellow corn meal	½ cup	1 cup	
Baking powder	2 tsp	4 tsp	
Salt	¼ tsp+1/8 tsp	¾ tsp	
Eggs	1 large	2 large	
Low fat milk	½ cup	1 cup	
Vegetable oil	1/8 cup	¼ cup	
Portion size for 3-5 year old: 1 piece (1.25" x 2") Each serving provides: ½ slice bread alternate			

Nutrition Tip: Enriched flour has vitamins and minerals added to it. Make sure you purchase enriched flour to use in baked goods and other recipes.

Physical Activity: Play music and have kids dance and jump around to it and freeze into a statue when you pause the music.

Recipe Source: Linda Boeckner - Scottsbluff

Perfect Peanut Butter Dip



Week 1
Tuesday
Snack

Ingredients	10 Servings	20 Servings	Directions
Apple Juice Creamy Peanut Butter Plain (or vanilla) non-fat yogurt Assorted fruit chunks (apples, Bananas, pears) Crackers	2 Tbsp ½ cup ½ cup 5 cups	¼ cup 1 cup 1 cup 10 cups	Stir together peanut butter and yogurt. Add apple juice and mix until smooth. Serve with fruit and crackers.
Portion size for 3-5 year old: 1.6 Tbsp peanut butter dip Each serving provides: ½ oz meat alternate and ½ cup fruit			

Nutrition Tip: Iron (found in peanut butter) helps improve concentration; important for children when learning new skills.

Physical Activity: Hop to the Beat in "Hop Scotch"

Recipe Source: Young Parents Education Center, Great Falls, MT

Porcupine Meatballs



Week 1
Tuesday
Lunch

Ingredients	7 Servings	14 Servings	Directions
Extra lean ground beef	1 pound raw	2 pound raw	1. Mix beef, rice, onion and garlic in a large bowl. 2. Form into 7 small (egg size) balls and place in a 8" square baking pan 3. Pour the tomato soup over the meatballs 4. Bake in a 350-degree oven for 1 hour and 15 minutes. Turn the meatballs halfway through cooking.
Uncooked rice (preferably brown rice)	½ cup	1 cup	
Finely chopped onion	¼ cup	½ cup	
Minced garlic	1 tsp	2 tsp	
8 oz can of ready to use tomato soup	1 can	2 cans	

Portion size for 3-5 year old: 1 meatball

Each serving provides: ½ bread alternate, 1 ½ oz meat

Nutrition Tip: Iron, found in the ground beef, helps keep the oxygen flowing to and from cells for a super performance!

Physical Activity: Put on music and have the children walk like chickens, strut like turkeys, or waddle like ducks.

Recipe Source: Connecticut Cooks for Kids

Pork Stir Fry



Week 2
Tuesday
Lunch

Ingredients	10 Servings	25 Servings	Directions
Cornstarch Water, cold Low-sodium soy sauce Granulated garlic Ground ginger Ground white or black pepper Low-sodium chicken stock, non-MSG Fresh carrots, peeled, ¼" slices OR frozen sliced carrots Vegetable oil Onions, diced Fresh broccoli, chopped OR frozen mixed Oriental Vegetables Boneless pork shoulder or loin, Cut ½" cubes.	3 ¼ Tbsp 1 Tbsp + 1 ¾ tsp 1 Tbsp + 1 ¾ tsp 1 ¾ tsp 1/8 tsp ¾ tsp 12.75 oz 1 lb + 2 oz 1 lb + 6 oz 1 Tbsp + 1 ¾ tsp 4.5 oz or ¾ cup 13 oz 1 lb 2 lbs (raw weight)	½ cup ¼ cup ¼ cup 1 ½ Tbsp ¼ tsp 1 tsp 1 quart 2 lbs + 13oz 3 lbs + 6 oz ¼ cup 11 oz or 1 ¾ cup 2 lbs 2 lbs 8 oz 4 lbs + 13 oz (raw weight)	Dissolve cornstarch in soy sauce. Add spices. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil (¼ cup) for 4 minutes. Add diced onions, cook for 1 more minute. Add chopped broccoli and cook for 2 more minutes. Remove to steam table. Keep warm. Sauté pork cubes (1/2 ") in ½ cup oil for 3-5 minutes until no signs of pink remain. Add pork to vegetables in steam table pan. Add sauce and mix to coat pork and vegetables with sauce. Heat to serving temperature. Serve with brown or white rice.

Portion size for 3-5 year old: ¾ cup

Each serving provides: 1 ½ oz meat and ½ cup vegetable

Nutrition Tip: This recipe provides Vitamin A (from the broccoli and the carrots). Vitamin A is needed for bone growth.
Physical Activity: Arrange all the children in a line facing you. The children throw (overhand) the object as far as possible. On your signal then run and pick up the object. They then run to the starting position and repeat on your command.

Recipe Source: USDA D-39B

Pumpkin Bread



Week 2
Thursday
Snack

Ingredients	14 Servings	28 Servings	Directions
Sugar	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	<p>In a mixing bowl, combine sugar, pumpkin, oil, water, eggs and beat well.</p> <p>Combine dry ingredients: gradually add to pumpkin mixture and mix well.</p> <p>Stir in nuts and raisins if desired.</p> <p>Pour into a greased 9 inch x 5 inch x 3 inch loaf pan. Bake at 350 for 65-70 minutes or until breads tests done. Cool 10 minutes in pan before removing to a wire rack.</p>
Canned pumpkin	$\frac{1}{2}$ cup	1 cup	
Vegetable oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Water	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Eggs	1 egg	2 eggs	
Enriched, all purpose flour	$\frac{1}{2}$ cup + $\frac{1}{3}$ cup	1 $\frac{2}{3}$ cup	
Baking Soda	$\frac{1}{2}$ tsp	1 tsp	
Ground Cinnamon	$\frac{1}{2}$ tsp	1 tsp	
Salt	$\frac{1}{3}$ tsp	$\frac{3}{4}$ tsp	
Baking Powder	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Ground nutmeg	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	
Ground clove	$\frac{1}{8}$ tsp	$\frac{1}{4}$ tsp	
Walnuts (chopped)	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	
Raisins, optional	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	

Portion size for 3-5 year old: $\frac{1}{2}$ slice of bread (14 full slices per loaf pan)

Each serving provides: $\frac{1}{2}$ slice bread alternate

Nutrition Tip: Canned pumpkin goes on sale in the fall, around the holidays. Watch for the sale and stock up for use year around.

Canned pumpkin has Vitamin A; an important nutrient for seeing in the dark!

Physical Activity: Act out your favorite characters from television/movies/children's books.

Recipe Source: Laura England, Kootenai Valley Head Start

Pumpkin Pancakes



Week 3
Friday
Breakfast

Ingredients	16 Servings	32 Servings	Directions
Topping: Low-fat vanilla yogurt Raisins, seedless	2 cups 1 cup	1 qt 2 cups	In a small mixing bowl, briskly combine vanilla yogurt and raisins until yogurt becomes looser texture; reserve. For the pancakes, combine flour, sugar, baking powder and cinnamon in a large mixing bowl. In a medium mixing bowl, combine milk, butter, egg, pumpkin, and yogurt, mixing well. Add wet ingredients to flour mixture and stir until just moist. Do not overmix. Batter may be lumpy. For thinner batter, add milk. Lightly coat a griddle or skillet with cooking spray and heat on medium. Using a quarter-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden. Serve warm, topped with yogurt-raisin mixture and dusting of cinnamon.
Pancakes: All-purpose, enriched flour Sugar, granulated Baking powder Cinnamon, ground 1% Low-fat milk Melted butter Egg, whole, fresh Canned pumpkin Low-fat vanilla yogurt	1 cup 1 Tbsp 2 tsp ½ tsp 1 cup 2 Tbsp 1 large ½ cup ½ cup	2 cups 2 Tbsp 1 Tbsp+1 tsp 1 tsp 2 cups ¼ cup 2 large eggs 1 cup 1 cup	

Portion size for 3-5 year old: 1/16 of recipe or 1 small pancake

Each serving provides: ½ slice bread alternate

Nutrition Tip: Enriched flour is important to ensure the child gets adequate amounts of Vitamin B and iron for growth.

Physical Activity: Toss a balloon in the air and call the part of the body to be used to strike it (knee, foot, etc). The balloon can also be batted, kicked, or bounced between the two players. Try balloon juggling as well.

Recipe Source: Elizabeth Ward, 3-A-Day of Dairy

Pumpkin Patch Muffins



Week 4
Wednesday
Snack

Ingredients	12 Muffins	24 Muffins	Directions
Canned Pumpkin	1 cup	2 cup	Preheat oven to 375 degrees. In a large mixing bowl, mix or blend the pumpkin, brown sugar, melted butter, and eggs. In a separate bowl, sift the flour with the baking powder and salt. Add the dry ingredients to the pumpkin mixture and stir or blend until just combined. Spoon the batter into a 12-cup muffin tin lined with paper liners. Bake the muffins for 20 minutes.
Brown sugar, packed	½ cup	1 cup	
Melted butter or margarine	¼ cup	½ cup	
Eggs, whole, fresh	2 eggs	4 eggs	
All-Purpose flour, white, enriched (or try 1 cup All Purpose flour and 1 cup whole wheat flour)	2 cups	4 cup	
Baking powder	2 tsp	4 tsp	
Salt, table	½ tsp	1 tsp	

Portion size for 3-5 year old: ½ muffin

Each serving provides: ½ slice bread alternate

Nutrition Tip: Canned pumpkin is a great source of Vitamin A; which kids need for vision, growth and development.

Physical Activity: As a group toss/bump around a balloon without letting it touch the ground.

Recipe Source: Laura England, Kootenai Valley Head Start